

## Fitness/Drop-In/Gymnasium/Class Schedule



February 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING GROUP X CLASSES</b>					

9:15AM ZUMBA GYM JEANEE	DROP-IN PICKLEBALL 9AM-12PM GYM	9:15AM ZUMBA GYM JEANEE	DROP-IN PICKLEBALL 9AM-12PM GYM	9:00 AM FITNESS ORIENTATION STAFF	9:15AM ZUMBA JEANEE
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Table Tennis Drop-In Program Monday – Friday 8:30-2:30p.m. - GYM

Noontime Drop-In Basketball Monday – Friday 12:00-2:00pm – GYM

 DROP-IN  
BASKETBALL  
9AM-1PM  
**PICKLEBALL**  
2:30-5:30PM

3-5PM Teen Center GYM	3-5PM Teen Center GYM	2:30-4:30PM Teen Center GYM	3-5PM Teen Center GYM	3-4:30PM Teen Center GYM	<b>Center Closed Monday, January 19<sup>th</sup> MLK Holiday</b>
5-8PM DROP-IN FUTSAL GYM	5-8PM DROP-IN BASKETBALL GYM	4:30-7:30 DROP-IN VOLLEYBALL GYM	5-6:45PM <b>\$1 HAPPY HOUR</b> BASKETBALL GYM	4:30-8:00PM Teen Sports League GYM	

**EVENING GROUP X CLASSES**

<b>New Class Time Starts Jan. 26th</b> ↓	5:00pm KICKBOXING Sabrina Studio	<b>New Class Time Starts Jan. 21st</b> ↓	5:30 PM FITNESS ORIENTATION STAFF
<b>Yoga</b> 6:00pm Laila *Room #1	<b>Cardio Class</b> 6:00pm Greg <b>Postponed</b>	<b>Yoga</b> 6:00pm Laila *Room #1	<b>Cardio Class</b> 6:00pm Greg <b>Postponed</b>
7:00 PM ZUMBA BANQUET RM Sheila	7:00 PM ZUMBA BANQUET RM Yadira	7:00 PM Circuit Training BANQUET RM Matt	7:00 PM ZUMBA TONING BANQUET RM Yadira

**Fitness Hours:**
 Mon – Thurs  
8AM – 9PM  
Friday  
8AM – 7PM  
Saturday  
9AM – 6:00PM

 Group X memberships include unlimited access to all group exercise classes, fitness room, and drop-in gym for **one low price**. All classes are work at your own pace.

"Like" us on Facebook for class updates, special discounts and promotions!

Seven Trees Community Center Facebook Page

Parks, Recreation and  
Neighborhood Services

No refunds on memberships. Please read Policies &amp; Procedures prior to participation.

**Must be 14 years old to participate. Children are not allowed in the fitness gym or  
Group "X" Classes \*Attention: Schedule, formats, instructors, subject to change.**